

6 Strategies for Having a Super-Focused Study Session

1) Prepare yourself to study

Too many students simply jump into a study session not knowing what needs to be done. Usually the result is that they're distracted and wondering why they're studying right now.

2) Change the Setting

If you find yourself distracted, try to push through and focus. If that doesn't work, though, you may need to change up the setting. Maybe moving someplace more public or more private would help. The key here is knowing yourself.

3) Set time-sensitive goals for your study session

For example, if you have one hour to study, give yourself a goal of how much you're going to get done in that one hour. When studying is a game, it's always more fun.

4) Turn off the TV & the cell phone

Electronics distract you. That's been proven so many times that you know it without us telling you. When you study, turn them off -- even just for 25 minutes. That break will help you build the focused energy you need to study quickly and effectively.

5) Turn on some instrumental music (that you like)

Music with lyrics can be distracting, especially when it's lyric-heavy like rap. That said, instrumental music that you like (not classical that you hate) can be a big boost to your ability to focus. Try "Explosions in the Sky" if you need a starting point.

6) Keep a piece of paper close at all times

As simple as this sounds, it is really helpful to have a blank sheet of paper for writing down random thoughts. When you have a thought that's distracting you, capture it on that sheet of paper. Then ignore it until after you're done studying.